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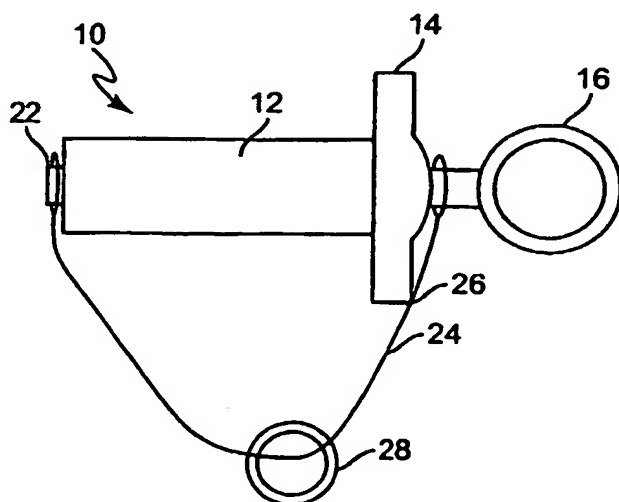
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(54) Title: A SIX-WAY WRIST AND FOREARM ATTACHMENT



(57) Abstract: A wrist and forearm attachment for use with either a resistance machine, such as a weight stack and cable device, or resistance device, such as an elongated elastic strap securable to a base, preferably includes a handle with a first connector secured to one end, and a strap which is connected to or connectable to the handle which includes a second connector. The first and second connectors are securable to the resistance machine or device for allowing various conditioning or rehabilitation exercises to be performed. The handle preferably is long enough to accommodate a user's hand at different locations or to accommodate both hands of the user. The handle ideally is rotatable about its longitudinal axis to allow a free range of motion when exercises and conditioning is being performed. Preferably, the handle includes a guard on at least one end to protect the user's hand from being pinched by straps or cabling during stretching and conditioning.